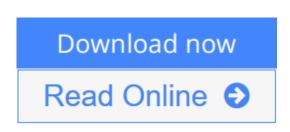


The Hay Diet Made Easy: A Practical Guide to Food Combining

By Jackie Habgood



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Comprehensive and informative, this guide helps people with digestive problems to adapt their everyday eating pattern to the Hay diet.

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Editorial Review

About the Author

Jackie Habgood is the author of The Hay Diet Made Easy.

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